





CHOKING: WHAT EVERY PARENT NEEDS TO KNOW


- * Choking is a leading cause of death in young children and toddlers.
- * Children are most likely to choke on small objects.

COMMON CHOKING HAZARDS

FOODS	HOUSEHOLD ITEMS
Hot dogs and sausages	Coins
Chunks of meat	Toys with small parts
Grapes	Small balls and marbles
Hard candy 	Balloons 
Popcorn	Arts & crafts materials
Peanuts and nuts	Ballpoint pen caps
Raw carrots	Watch batteries
Fruit seeds	Jewelry
Apple chunks	
Peanut butter	



WHAT PARENTS CAN DO:

- Avoid feeding your child hot dogs, apple chunks, raisins, and other foods that can cause choking without an adult present.
- Use a highchair or infant seat while feeding your child.
- Don't allow your child to walk or run while eating.
- Cut hot dogs in quarters lengthwise and then into small pieces. Cut whole grapes into small pieces. Chop nuts and carrots finely. Spread peanut butter thinly on crackers or bread.
- Don't let your child play with toys that have small parts that could be swallowed. 
- Keep objects such as safety pins, nails, tacks, screws, jewelry, and coins out of child's reach.
- Check your house routinely for small objects and don't leave toddlers unattended.

REMEMBER:

- * **ALWAYS** watch your child while eating
- * **NEVER** leave your child alone while eating
- * **LEARN** CPR and the Heimlich maneuver.
- * **Call 911** if you are unable to get your child to breathe.

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